

Daily Schedule: July 1 - September 4, 2006

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 a.m.	Visitor Center 9:30-6:00	Visitor Center 9:30-5:00	Visitor Center 9:30-6:00				
11:00 a.m.	Sunken Forest Tour						
11:00 a.m. Every other week	Lifeguard Demonstration						
2:00 p.m.				Jr. Ranger Workshop		Catch of the Day	Children's Stories & Crafts
2:30 p.m.	Sunken Forest Tour						Sunken Forest Tour
7:00 p.m.					Enchanted Evening Tour		

Lifeguards on duty Monday-Friday, 9:00 a.m. - 5:00 p.m. and Saturday-Sunday, 9:00 a.m. - 6:00 p.m.

Ranger-Conducted Programs

Sunken Forest Tour

Monday - Friday 11:00 a.m.

Saturday & Sunday 11:00 a.m. & 2:30 p.m.

Meet at Sailors Haven Visitor Center

Explore the unique wonders of the crown jewel of Fire Islandthe Sunken Forest. Meet the ranger at the visitor center for a boardwalk stroll. 1½ hours.

Junior Ranger Workshops

Wednesday 2:00 p.m. (Sign-up in advance or by noon) July 5 through August 30

Meet at Sailors Haven Visitor Center

Be a part of the Junior Ranger program at Fire Island. Our Junior Ranger team presents a different program each week to help kids ages 5-12 learn about the special places and things protected by Fire Island National Seashore. 1½ hour.

Enchanted Evening in the Sunken Forest

Thursday 7:00 p.m.

Meet at Sailors Haven Visitor Center

Discover the mystique of Fire Island's Sunken Forest as darkness falls. Ranger-guided evening tour through the forest. (Groups of 30 or more may be able to arrange ferry transportation from Sayville ferry Company, 631-589-8980.) 1½ hours.

Sailors Haven Visitor Center

Monday - Friday 9:30 a.m. to 5:00 p.m. Saturday - Sunday 9:30 a.m. to 6:00 p.m. **631-597-6183**

Catch of the Day

Friday 2:00 p.m. (Sign-up by noon)

Meet at Sailors Haven Visitor Center

Discover the common marine life in the Great South Bay as you use a seine net and dip nets. Participants must wear water shoes. Plan to walk about ½ mile. 1½ hours.

Children's Hour: Seaside Stories & Crafts

Saturday 2:00 p.m. (Sign-up by noon)

Meet at Sailors Haven Visitor Center

Come listen to stories about the seashore environment. Whether it's whales, horseshoecrabs, turtles, birds, deer, trees or the stars, kids of all ages will be entertained while learning all about our natural world. Create a craft related to each week's subject, so you can take home your own souvenir. 1 hour.

Lifeguard's Surf Rescue Demonstration

Every other Sunday 11:00 a.m.

Meet at Sailors Haven Lifeguard Stand

See the lifeguards in action as they demostrate what it takes to hone their skills as surf rescue lifeguards. ½ **hour.**